

Exhibit 2: Helpful Resources**Staff Wellness Resources**General

Federal Health Information Centers and Clearinghouses, and
Toll-Free Numbers for Health Information

National Health Information Center

P.O. Box 1133

Washington, DC 20013-1133

(800) 336-4797

<http://www.health.gov/NHIC/Pubs/>

(Spanish—search online at: <http://www.healthfinder.gov/justforyou/espanol>)

Resources for Individual Action

Healthy People 2010

<http://www.health.gov/healthypeople/>

Physical Activity

President's Council on Physical Fitness and Sports

(202) 690-9000

<http://www.indiana.edu/~preschal>

Centers for Disease Control and Prevention (CDC)

(888) 232-3228

<http://www.cdc.gov/nccdphp/dnpa/>

Overweight and Obesity

Obesity Education Initiative

National Heart, Lung and Blood Institute Information Center

(301) 592-8573

<http://www.nhlbi.nih.gov/about/oei/index.htm>

The Weight-Control Information Network

National Institutes of Health (NIH)

(877) 946-4627

<http://www.niddk.nih.gov/health/nutrit/win.htm>

Tobacco Use

Office on Smoking and Health

National Center for Chronic Disease Prevention and Health Promotion

Centers for Disease Control and Prevention

(800) CDC-1311 (800 232-1311)

<http://www.cdc.gov/tobacco>

Cancer Information Service

National Institutes for Health

(800) 4-CANCER (800 422-6237)

<http://cis.nci.nih.gov/>

Substance Abuse

National Clearinghouse for Alcohol and Drug Information

Substance Abuse and Mental Health Services Administration (SAMHSA)

(800) 729-6686; (800) 487-4889 (TDD)

<http://www.health.org/>

National Institute on Drug Abuse

National Institutes of Health

<http://www.nida.nih.gov/>

National Institute on Alcohol Abuse and Alcoholism

National Institutes of Health

(201) 443-3860

<http://www.niaaa.nih.gov/>

Mental Health

Center for Mental Health Services

Substance Abuse and Mental Health Services Administration

<http://www.mentalhealth.org/cmhs/index.htm>

Knowledge Exchange Network

Substance Abuse and Mental Health Services Administration

<http://www.mentalhealth.org>

National Institute of Mental Health Information Line

National Institutes of Health

(800) 421-4211

<http://www.nimh.nih.gov/publicat/depressionmenu.cfm>

Injury and Violence

National Center for Injury Prevention and Control

Centers for Disease Control and Prevention

(770) 488-1506

<http://www.cdc.gov/ncipchm.htm>

Office of Justice Programs
U.S. Department of Justice
(202) 307-0703
<http://www.ojp.usdoj.gov/hom.htm>

National Highway Traffic Safety Administration
U.S. Department of Transportation
Auto Safety Hotline: (800) DAS-H2DOT (888 327-4236)
<http://www.nhtsa.dot.gov/hotline/>

Environmental Quality
Indoor Air Quality Information Clearinghouse
U.S. Environmental Protection Agency
(800) 438-4318 (IAQ hotline)
(800) SALUD-12 (800 725-8312) in Spanish
<http://www.epa.gov/iaq/iaqinfo.html>

Information Resources Center
U.S. Environmental Protection Agency
(202) 260-5922
<http://www.epa.gov/natlibra/hqirc/about.htm>

Agency for Toxic Substances and Disease Registry
Centers for Disease Control and Prevention
(888) 442-8737

Immunization
National Immunization Program
Centers for Disease Control and Prevention
(800) 232-2522 (English) (800) 232-0233 (Spanish)
<http://www.cdc.gov/nip>

Health Care Access
Agency for Healthcare Research and Quality
Office of Healthcare Information
(301) 594-1364
<http://www.ahrq.gov/consumer/index.html#plans>

*To receive **Resources for Action in Spanish**, write to (or call):*
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Washington, DC 20013-1133
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